

TASBĪHĀT AND ITS EXCELLENCE

Tasbīh means declaring Allah ﷻ to be far above any imperfection and shortcoming. Everything in the universe is praising and glorifying Allah ﷻ, and the same is required from mankind. Allah ﷻ says in the Qur'an:

يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا ۖ وَسَبِّحُوهُ بُكْرَةً وَأَصِيلًا ۝

O you who have believed, remember Allah with much remembrance. And exalt Him morning and afternoon. [Al-Ahzab: 41-42]

THE BEST SPEECH

Abu Dharr رضي الله عنه reported that Allah's Messenger ﷺ was asked, which speech is the best? He ﷺ said, 'The one which Allah has chosen for His angels and His servants:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ.

Glory be to Allah and all praise be to Him.' [Ṣaḥīḥ Muslim: 6952]

BELOVED WORDS

Abu Hurairah رضي الله عنه reported that the Messenger of Allah ﷺ said, 'There are two words that are light on the tongue, but heavy on the scale and beloved to the Most Merciful:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، سُبْحَانَ اللَّهِ الْعَظِيمِ.

Glory be to Allah and all praise be to Him; glory be to Allah, the Most Great.'

[Ṣaḥīḥ Muslim: 6846]

UNMATCHED GOOD DEEDS

Abu Hurairah رضي الله عنه reported that the Messenger of Allah ﷺ said, 'Whoever says a hundred times in the morning:

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ.

Glory be to Allah, the Sublime, and with His praise.

And says likewise in the evening, no one from the creatures will bring anything like that which he will bring.' [Sunan Abī Dāwūd: 5091]

EXPIATION FOR ILL SPEECH

Nafi' bin Jubair رضي الله عنه narrated from his father that the Messenger of Allah ﷺ said, 'Whoever says,

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ.

Glory be to Allah, and praise be to Him, Glory be to You O Allah! with Your praise; there is no deity except You, I seek Your forgiveness and turn in repentance to You.

in a gathering of *dhikr* then it will serve as a seal on the *dhikr* and the one who says it in a gathering where there is a lot of prattle or evil vain talk, then it will become an expiation for him.' [*Amal al-yawm wa al-lailatu li an-Nasa'i*: 424]

WEIGHTY WORDS

Juwairiyah رضي الله عنها reported that one day the Prophet ﷺ came out from (her apartment) in the morning while she was observing her dawn prayer in her place of worship. He ﷺ came back in the forenoon and she was still sitting there. He ﷺ said to her, 'You have been in the same place since I left you?' She said, 'Yes'. Thereupon he ﷺ said, 'I recited four words thrice after I left you and if they were to be weighed against what you have recited since morning they would outweigh them and (these words) are:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَانِ نَفْسِهِ وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ.

Glory be to Allah, and praise is due to Him according to the number of His creation and to the extent of His pleasure and according to the weight of His throne and according to the ink (used in recording) the words (for His Praise).

[*Ṣaḥīḥ Muslim*: 6913]

TREES OF PARADISE

Abu Hurairah رضي الله عنه narrated that the Messenger of Allah ﷺ passed by him while he was planting a seed, and said: 'O Abu Hurairah رضي الله عنه! What is it that you are planting?' I replied, 'A plant for myself.' He ﷺ said, 'Shall I not tell you of a plant that is better than this?' Abu Hurairah رضي الله عنه said, 'Of course, O Messenger of Allah ﷺ.' He ﷺ said, 'Say:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ.

Glory be to Allah, praise be to Allah, there is no true deity except Allah and Allah is the Most Great.

For every time you say this, a tree will be planted for you in Paradise.'

[*Sunan ibn Mājah*: 3807]

Once, about the same words he ﷺ said to Abu Hurairah رضي الله عنه, that they were 'dearer to me than anything over which the sun rises'. [*Ṣaḥīḥ Muslim*: 6847]

WORDS THAT WILL PROTECT, PRECEDE & REMAIN AS GOOD DEEDS

Abu Hurairah رضي الله عنه narrated that the Prophet ﷺ said, 'Take up your shields!' They (companions) said, 'O Messenger of Allah ﷺ Are the enemies here?' He replied 'No! Your shields against the fire; say:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ.

Glory be to Allah, praise be to Allah, there is no true deity except Allah and Allah is the Most Great

for these words will come on the Day of Judgment as ones protecting, preceding and the good deeds which will remain.' [Ṣaḥīḥ al-Targhīb wa al-Tarhīb: 1567]

SALVATION FROM DEPRIVATIONS

Ka'b bin 'Ujrah رضي الله عنه said, 'These words will follow you, one who says them a hundred times will not be deprived of anything:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ.

Glory be to Allah, praise be to Allah, there is no true deity except Allah and Allah is the Most Great.' [Al-Adab al-Mufrad: 622]

THE BEST STATEMENT NEAR ALLAH

Abu Dharr رضي الله عنه narrated that the Prophet ﷺ said, 'The best statement near Allah is,

سُبْحَانَ اللَّهِ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، سُبْحَانَ اللَّهِ وَبِحَمْدِهِ.

Glory be to Allah, there is no partner for Him, only to Him belongs the dominion and only for Him is all praise, and He is All-Able over everything, There is no power (to avoid sin) and no strength (to do good) except with Allah. Glory be to Allah and all praise is for Him.' [Al-Adab al-Mufrad: 638]

MOST BELOVED WORDS

'Abdullah bin Mas'ud رضي الله عنه narrated, 'Indeed the most beloved words to Allah are that a slave should say:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ.

O Allah! Glory be to You with Your praise, and Your Name is most blessed and Your Majesty is Exalted and there is no true deity except You.'

[Al-Silsilatu al-Ṣaḥīḥah: 2598]

WORDS THAT MAKE SINS FALL LIKE LEAVES

Anas bin Malik رضي الله عنه narrated that the Prophet ﷺ passed by a tree with dry leaves, so he struck it with his staff, making the leaves fall. Then he ﷺ said, 'Indeed (saying),

الْحَمْدُ لِلَّهِ وَسُبْحَانَ اللَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

All praise is due to Allah, glory be to Allah, none has the right to be worshipped but Allah and Allah is the greatest,

cause the sins to fall from the worshipper, just as the leaves of this tree fall.'

[*Sunan at-Tirmidhī*: 3533]

TO OVERCOME MISERLINESS, COWARDICE AND FEAR

'Abdullah bin Mas'ud رضي الله عنه narrated that the Prophet ﷺ said 'Indeed Allah has divided your character amongst you just as He has divided sustenance amongst you, indeed Allah grants wealth to the one He loves and the one He does not love, but He grants faith only to the one He loves. Thus when He loves someone He grants him with faith, so whoever is scared of spending wealth, is scared of fighting with an enemy, and is scared of the darkness of the night should say these words often:

لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَالْحَمْدُ لِلَّهِ وَسُبْحَانَ اللَّهِ.

There is no true deity except Allah and Allah is the Most Great, all praise is for Allah and glory be to Allah.' [*Ṣaḥīḥ al-Targhib wa al-Tarhīb*: 1571]

EARN A THOUSAND GOOD DEEDS

Mus'ab bin Sa'ad رضي الله عنه narrated that We were with the Messenger of Allah ﷺ when he ﷺ asked, 'Is anyone of you unable to earn a thousand good deeds?' One of those present asked, 'How can one earn thousand good deeds in a day?' He ﷺ replied, 'By saying:

Glory be to Allah **سُبْحَانَ اللَّهِ**

a hundred times, then one thousand good deeds will be recorded for him or one thousand sins will be blotted out from him.' [*Ṣaḥīḥ Muslim*: 6852]

FILLING UP SCALES

Abu Malik al-Ash'ari رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'Cleanliness is half of faith and **الْحَمْدُ لِلَّهِ** (Praise be to Allah) fills the scale, and **سُبْحَانَ اللَّهِ** (Glory be to Allah) and **الْحَمْدُ لِلَّهِ** (Praise be to Allah) fill up what is between the heavens and the earth, and prayer is a light, and charity is proof (of one's faith) and endurance is a brightness and the Qur'an is a proof on your behalf or against you. All men go out early in the morning and sell themselves, thereby setting themselves free or destroying themselves.' [*Ṣaḥīḥ Muslim*: 534]

GIVING IN CHARITY LIKE THE RICH

Abu Dharr رضي الله عنه reported that some of the people from among the companions of the Messenger of Allah ﷺ said to him, 'Messenger of Allah ﷺ, the rich have taken away (all the) reward. They observe prayer as we do; they keep the fasts as we keep, and they give *sadaqah* out of their surplus riches. Upon this he ﷺ said, 'Has Allah not prescribed for you (a course) by following which you can (also) do *sadaqah*?'

In every *Tasbīh* (سُبْحَانَ اللَّهِ) there is a *sadaqah*,
and every *Takbīr* (اللَّهُ أَكْبَرُ) is a *sadaqah*,
and every praise of His (الْحَمْدُ لِلَّهِ) is a *sadaqah*,
and every declaration that He is One (لَا إِلَهَ إِلَّا اللَّهُ) is a *sadaqah*'. [Ṣaḥīḥ Muslim: 2329]

WORDS THAT REVOLVE AROUND THE THRONE

Nu'man bin Bashir رضي الله عنه narrated that the Messenger of Allah ﷺ said, 'What you mention of glory of Allah, of

سُبْحَانَ اللَّهِ، لَا إِلَهَ إِلَّا اللَّهُ، الْحَمْدُ لِلَّهِ

Tasbīh (Subḥan Allah), *Tahlīl* (Allahu Akbar) and *Tahmīd* (Al-Ḥamdulillah), revolves around the Throne, buzzing like bees, reminding of the one who said it. Wouldn't any one of you like to have something that reminds of him (in the presence of Allah)?'

[Sunan ibn Mājah: 3809]

BETTER THAN FREEING A HUNDRED SLAVES

Umm Hani رضي الله عنها narrated, I came to the Messenger of Allah ﷺ and said, 'O Messenger of Allah ﷺ, tell me of a (good) deed, for I have become old and weak and overweight.' He said, 'Proclaim the greatness of Allah (say اللَّهُ أَكْبَرُ) one hundred times, praise Allah (say الْحَمْدُ لِلَّهِ) one hundred times, and glorify Allah (say سُبْحَانَ اللَّهِ) one hundred times. That is better than one hundred horses bridled and saddled for the sake of Allah, better than one hundred sacrificial camels, and better than (freeing) one hundred slaves.'

[Sunan ibn Mājah: 3810]

CONVENIENT WORSHIP IN OLD AGE

Umm Hani رضي الله عنها narrated that Allah's Messenger ﷺ passed by me so I asked him, 'O Messenger of Allah ﷺ! Indeed I have become old and weak, command me to do something which I can do while sitting. He ﷺ said, 'Saying سُبْحَانَ اللَّهِ hundred times is equal to freeing a slave from the descendants of Ismail عليه السلام, saying الْحَمْدُ لِلَّهِ hundred times is equal to offering one hundred horses bridled and saddled for the sake of Allah, saying اللَّهُ أَكْبَرُ a hundred times is equal to offering one hundred camels bridled and

saddled for the sake of Allah and saying لَا إِلَهَ إِلَّا اللَّهُ fills the entire space between the earth and sky.' [Al-Silsilatu al-Saḥīḥah: 1316]

BETTER THAN PERPETUAL DHIKR

Abu Umamah al-Bahiliy narrated that the Prophet ﷺ said, 'Shall I not inform you of a *dhikr* that is better and more virtuous than constantly doing *dhikr* day and night? Say,

سُبْحَانَ اللَّهِ عَدَدَ مَا خَلَقَ، وَسُبْحَانَ اللَّهِ مِلْءَ مَا خَلَقَ، وَسُبْحَانَ اللَّهِ عَدَدَ مَا فِي
الْأَرْضِ وَالسَّمَاءِ، وَسُبْحَانَ اللَّهِ مِلْءَ مَا فِي الْأَرْضِ وَالسَّمَاءِ، وَسُبْحَانَ اللَّهِ عَدَدَ
مَا حُصِيَ كِتَابُهُ، وَسُبْحَانَ اللَّهِ عَدَدَ كُلِّ شَيْءٍ، وَسُبْحَانَ اللَّهِ مِلْءَ كُلِّ شَيْءٍ.

'All praise is for Allah as much as the number of what he has created, all praise is for Allah as much as the fill of what he has created, all praise is for Allah as much as what is in the heavens and what is in the earth, all praise is for Allah as much as the fill of what he has created in the heavens and earth, all praise is for Allah as much as what is enumerated in his book and all glory be to Allah as much as the number of everything, and all glory be to Allah as much as fill of everything.' [Ṣaḥīḥ ibn Hibbān: 830]

• سُبْحَنَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ ۝ وَسَلَامٌ عَلَى الْمُرْسَلِينَ ۝ وَالْحَمْدُ لِلَّهِ
رَبِّ الْعَالَمِينَ ۝

Exalted is your Lord, the Lord of might, above what they describe. And peace upon the messengers. And praise to Allah, Lord of the worlds. [Al-Sāffāt: 180-182]

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